



HILLINGDON PRIMARY SCHOOL

Learning and Achieving Together

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Dear Parents and Carers,

Mental Health Awareness Week

As we come to the end of mental health awareness week it has been lovely to see the theme of kindness being shared across our school. I want to say thank you for the kindness that has been shown to each other and to our school community through our Google Classrooms during recent weeks by so many of our children; it has been wonderful to watch.

We are aware that during school closure some of our children have not had the resources and support available to them in the rainbow room. As such, we have decided to launch a virtual rainbow room to contribute to supporting children's mental health and wellbeing during school closure. We acknowledge that everyone's experiences during lockdown have been different. As such, we are aiming for this resource to support families to stay mindful and calm together.

<https://sites.google.com/hillingdonprimaryschool.org.uk/wellbeing/home>

On the website you will find links for resources for your children to help them keep mentally fit and mindful. In addition to this, there is information for children and their family, signposting them to services that can provide support in case they are struggling or worried about something. Our aim is to review the content of the website periodically in order to meet the needs of our children.

Thank you for supporting us in our effort to sustain our children's emotional resilience during these very unusual times. Please don't forget that staff are here to support your children as needed, and can be contacted via your child's Google Classroom.

Yours sincerely,

Mrs Cara Townsend and the Staff of Hillingdon Primary School
Assistant Head Teacher for Inclusion



A member of the Elliot Foundation Academy Trust